

CLAIMS

We claim:

1. An exercise kit for attachment to a chair, said chair having a central post, a base, and a chair back support, said exercise kit comprising:
 - (a) a flexible body;
 - (b) at least one elastic exercise strap;
 - (c) a plurality of retainers; and
 - (d) a means for latching at least one elastic strap onto said plurality of retainers;wherein said flexible body is adapted to attach about the post and the base of the chair, said flexible body having said plurality of retainers affixed thereon.
2. The exercise kit according to claim 1, further comprising a flexible band adapted to be attached about the chair back support, said flexible band having at least one retainer affixed thereon.
3. The exercise kit according to claim 1, wherein the flexible body comprises a rectangular portion and an elongated strap.
4. The exercise kit according to claim 3, wherein said flexible body has a fastening means for affixing said

rectangular portion of said flexible body about the post, for affixing said elongated strap about the base, and for affixing said rectangular portion to said elongated strap.

5. The exercise kit according to claim 4, wherein said fastening means comprises a plurality of apertures and a lace, said plurality of apertures being located on the rectangular portion and the elongated strap, said lace capable of being extended through said plurality of apertures, said lace attaching the rectangular portion to the elongated strap.
6. The exercise kit according to claim 4, wherein said fastening means are hook and loop fasteners, said hook and loop fasteners being situated on the flexible body and the elongated strap.
7. The exercise kit according to claim 2, wherein said flexible band has a fastening means for affixing said flexible band about the chair back support.
8. The exercise kit according to claim 7, wherein said fastening means comprises a plurality of apertures and a lace, said lace capable of being extended through said plurality of apertures, said lace attaching the flexible band about the chair back support.

9. The exercise kit according to claim 7, wherein said fastening means are hook and loop fasteners.
10. The exercise kit according to claim 1, wherein said plurality of retainers are D-rings.
11. The exercise kit according to claim 1, wherein said plurality of retainers are nylon strips.
12. The exercise kit according to claim 1, wherein at least one elastic strap has a plurality of adjusting pieces for varying a resistance of the elastic strap.
13. The exercise kit according to claim 12, wherein said plurality of adjusting pieces are a plurality of spring-loaded adjusting pieces.
14. The exercise kit according to claim 1, wherein said means for latching said elastic strap is a latching hook.
15. The exercise kit according to claim 1, further comprising an ankle attachment piece.
16. The exercise kit according to claim 1, further comprising a plurality of attachable handles for attachment to one elastic strap.
17. The exercise kit according to claim 1, wherein one elastic strap has a pair of handles permanently affixed thereon.

18. An exercise device for attachment to a chair, said chair having a central post, a base, and a chair back support, said exercise device comprising:

- (a) a flexible body;
- (b) at least one elastic exercise strap;
- (c) a plurality of retainers;
- (d) a means for latching at least one elastic strap onto said plurality of retainers; and
- (e) a flexible band;

wherein said flexible body is adapted to attach about the post and the base of the chair, said flexible body having said plurality of retainers affixed thereon; and wherein said flexible band is adapted to attach about the chair back support, said flexible band having at least one retainer affixed thereon.

19. The exercise device according to claim 18, wherein said flexible body comprises:

- (a) a rectangular portion;
- (b) an elongated strap; and
- (c) a fastening means;

wherein said fastening means affixes said rectangular portion of said flexible body about the post, said

fastening means affixes said elongated strap about the base, and said fastening means affixes said rectangular portion to said elongated strap.

20. The exercise device according to claim 19, wherein said flexible band has a fastening means for affixing said flexible band about the chair back support.